



Orientation Meeting Three

Dress and Appearance Guidelines

The Basics

As a Student Ambassador representing your community and People to People Ambassador Programs, you are held to high standards of dress and appearance. This entails wearing clothing which respects your surroundings and suits your planned activities. Most daily activities require casual, well-groomed dress. Leaders will inform you daily of the next day's dress code depending on the activity.

Clothing

Must be clean and in good repair, and free of logos or insignias that depict drugs, alcohol, tobacco, gang affiliation, or can be construed as sexual, violent, vulgar, racial, profane or offensive in nature. Delegates must wear khaki pants and polo shirts on arrival and departure days.

Keep in mind that during certain activities (i.e. visits to certain churches); delegates may be required to cover their shoulders, wear head coverings, and/or wear pants or skirts that cover the knees. During visits with officials and for special dinners or concerts, delegates may be required to wear more formal attire, such as dress shirts, ties, dress pants, dresses or skirts. If required, the need for formal wear during the program will be communicated out or reviewed at the orientation meetings prior to travel.

Acceptable clothing

- o Khaki pants, dress pants, shorts, or capris
- o Jeans (must not appear worn out – cannot have holes or tears, elaborate decorating, etc. Tee shirts, blouses, dress shirts, sweaters or sweatshirts)
- o Tank tops, as long as they do not have spaghetti straps
- o Shorts, skirts or dresses (approximately mid-thigh).

Unacceptable clothing

- o Sweat pants and sleepwear (except in the hotel or dorm.)
- o Clothing that exposes the torso or upper thighs, reveals too much cleavage, or that shows underwear and/or bras is not appropriate (i.e. see-through garments, mini-skirts or mini-dresses, halters, backless dresses, tube tops, spaghetti straps, bare midriff outfits, sagging or extremely baggy pants.)
- o Clothing traditionally designed as undergarments such as boxer shorts, bloomers, tights, and hosiery should not be worn as outer garments.

Swimwear

Swimsuits alone may not be worn in hotel or dorm hallways, elevators, lobbies, streets, etc. Bathing suit cover-ups must be worn on the walk or ride to the pool or beach.

Acceptable swimwear

- o Two-piece swimsuits with decent coverage (girls)
- o One-piece swimsuits (girls)
- o Swim trunks (boys)

Unacceptable swimwear

- o String bikinis (girls)
- o Bikinis, such as Speedos™ (boys)

Footwear

Shoes must be worn during the program, except for certain water sports, or other specified program activities. Footwear must be comfortable. (Keep in mind you may be walking several miles a day, over terrain that may be uneven, steep, rough, etc.)

Acceptable footwear

- o Good walking shoes
- o Athletic shoes
- o Walking-style sandals (must be comfortable, and have a strap that comes around the back of the heel)
- o Flips flops/water shoes are acceptable when the itinerary is appropriate and during certain activities, such as water sports or when going to the pool.

Unacceptable footwear

- o High heels, platforms, or spiked heels
- o Slippers (except in the hotel or dorm)

Hats

Must be clean and in good repair, and free of logos or insignias that depict drugs, alcohol, tobacco, gang affiliation, or can be construed as sexual, violent, vulgar, racial, profane or offensive in nature.

Acceptable use

- o Hats, hoods, or other headgear are permitted during specified portions of the program and at the discretion of the leaders and delegation manager.



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Unacceptable use

o Hats are not acceptable during meals, visits to churches, meetings with government officials, or other formal occasions.

Piercing and jewelry

All earrings, studs, loops, rings, bracelets and necklaces, are considered jewelry. All jewelry must be free of logos or insignias that depict drugs, alcohol, tobacco, gang affiliation, or can be construed as sexual, violent, vulgar, racial, profane or offensive in nature. Keep in mind that delegates may be asked to remove jewelry for safety reasons during particular parts of the itinerary or during certain activities.

Acceptable jewelry

o Bracelets, necklaces, and/or rings
o Up to two earrings are allowed in each ear
o One small nose stud (up to 3mm)

Unacceptable jewelry

o Extreme jewelry is not permitted. (i.e. gauged earrings, plugs, nose rings, lip rings, tongue stud or rings, eyebrow rings, etc.)
o Bracelets, necklaces, or collars that contain spikes or other dangerous items.

Acceptable tattoos

o Tattoos can be visible, as long as they are not offensive or depict illegal activities. (Japan programs – tattoos should be covered as much as possible.)

Unacceptable tattoos

o Visible body art or tattoos that are offensive or depict illegal activities are prohibited and must be covered at all times.

Makeup, perfume, and cologne

Keep in mind that some people are allergic to the chemicals in perfumes and makeup. Acceptable makeup and perfumes use may differ from country to country. If you have questions about the specific country you are visiting, contact your leader and or the program office for clarification.

Acceptable

o Light amounts of perfume, cologne, and scented lotions
o Moderate amounts of makeup

Unacceptable

o Overly excessive or extreme makeup
o Moderate or excessive amounts of perfume, cologne, and scented lotions

Accessories

Must be clean and in good repair, and free of logos or insignias that depict drugs, alcohol, tobacco, gang affiliation, or can be construed as sexual, violent, vulgar, racial, profane or offensive in nature.

Acceptable accessories

o Purses, satchels, and backpacks (unless they pose a potential safety risk during certain activities on the program.)
o Sunglasses (outdoors only - except as needed for eye protection or prescription.)

Unacceptable accessories

o It is prohibited to draw or display inappropriate markings (i.e., gang signs, graffiti, symbols, etc.) on yourself or any items that you have on program.
o Armbands, wristbands, belts with chains, wallet chains, oversized chains of any size (i.e. dog chain style necklace, on wallets, etc.), or other items with heavy metal protrusion.

Acceptable hair

o Clean and well-groomed.

Unacceptable hair

o Extreme hair colors and/or extreme hairstyles are not permitted.
o Unusual facial hair is not allowed.

Note: By way of illustration only, and not by way of limitation, examples of unacceptable hair color or style would be extremely garish neon colors, including orange, purple, green, or other unnatural colors; color patterns such as plaid or stripes; Mohawk style; extreme spiked hair; and similarly unusual and distracting hairstyles.